

ABSTRACT OF THE DISCLOSURE

An ink for use in ink jet recording which contains a dye and a pigment as colorants. The pigment is a self-dispersible pigment in which at least one anionic group is bonded directly or through another atomic group to a surface of the pigment, the dye is an anionic dye, 2-pyrrolidone is further contained in the ink as a solvent, and the mass-based content X of 2-pyrrolidone in the ink and the ratio Y of the pigment to the sum of the dye and the pigment satisfy the following formulas 1 to 3 at the same time:

formula 1 $12 \leq X < 30$

formula 2 $50 \leq Y \leq 75$

formula 3 $Y \geq -2X + 84.$